

### **Special diets and allergies:**

We currently have pupils who have potentially life threatening nut allergies. Therefore, we are a nut free school and it is extremely important that parents check the content of products in packed lunches to ensure that they **do not contain nuts or traces of nuts (including items that say may contain)**.

We recognise that occasionally some children may require special diets for medical or cultural reasons that do not conform to the national standards exactly. If this is the case, please inform us and we will seek advice in supporting you to ensure that your child eats as healthily as possible. Please be aware that your child's preference for particular types of food over healthier options does not constitute a special dietary requirement and if we are concerned about your child's diet we will seek medical advice. If your child has a food allergy, please notify us immediately.

### **What we will do:**

- We will provide somewhere comfortable, clean and attractive for your child to eat their packed lunch.
- We will provide somewhere to store your child's lunch until lunchtime.
- We will allow your child to sit alongside their friends who eat school meals.
- We will provide a plate for your child to eat their lunch off.
- We will provide fresh drinking water on the tables.

•We will give you as much information as possible about the nutritional standards and support you in complying with this policy.

### **What we ask you to do:**

- Provide packed lunches that meet the government's nutritional standards.
- Ask for support if you find meeting the guidelines difficult.
- Prepare lunches in a clean, hygienic container that is washed at the end of each day. Food should not be sent in a carrier bag.
- Send packed lunches with your child in the morning and avoid bringing them in later in the morning which can be disruptive and time consuming for staff.
- Provide any necessary cutlery.
- Provide an insulated bag with an ice pack during warmer weather.
- Let us know if your child has any allergies or special dietary requirements.

### **What we ask your child to do:**

- Leave their packed lunch in their box before going to class each day and take it at the end of the day before leaving.
- Eat as much of their lunch as they can.
- Eat their lunch off a plate.
- Remember not to swap food with other children.
- Take their rubbish home so that you know what they have eaten.

# Packed Lunch Policy

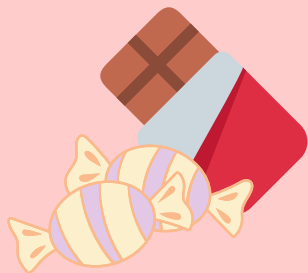


In January 2015 the Department for Education introduced new standards for food in schools. These standards have been fully implemented in Orgill Primary School and have also helped shape our packed lunch policy. Orgill Primary School is a healthy school. We aim to work in partnership with parents, staff and governors to provide a valuable role model to our pupils and promote healthy eating patterns. We are committed to giving all of our pupils consistent messages about all aspects of their health to help them understand the impact of their actions and behaviour and encourage them to take responsibility for the choices that they make. We believe that a healthy packed lunch can contribute to the health of our pupils and improve their performance in school and needs to be consistent with the nutritional standards provided by school meals.

# Red foods

These foods are not allowed in school lunch boxes.

Chocolate bars, sweets or high sugar cereal bars.



Crisps (with the exception of a Friday).



Chocolate biscuits and cake bars such as KitKat and mini rolls.



Processed fruit products such as winders (these can be high in sugar).



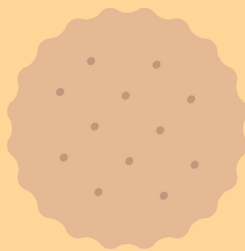
Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks



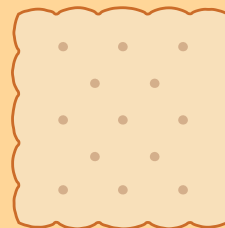
# Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.

High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks (Items such as Dairylea Dunkers and Lunchables should be limited to a Friday).



Small plain or fruit cakes such as scones, tea cakes or malt loaf.



Plain biscuits, flapjacks, fig rolls or cereal bars.



Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.



# Green foods

You can put these in lunch boxes everyday or as often as you like.

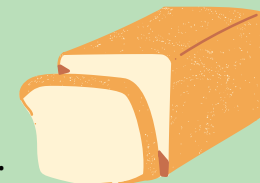
1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.



Dairy food such as milk, cheese, yoghurt or fromage frais (excluding chocolate pudding style yoghurts).



A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.



Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, eggs). Tinned or fresh mackerel, salmon or sardines at least once every three weeks.



Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

